

The Healthy Advantage

A PUBLICATION OF HEARTLAND
REGIONAL MEDICAL CENTER

Early detection is
key with our
imaging services

After an ER visit—
now what?

The dangers
of texting

Is a stroke
in your future?

Be a Healthy
Woman!

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HEARTLAND REGIONAL
MEDICAL CENTER

Ease your arthritis pain

More than 40 million Americans suffer from arthritis, a condition that can make every move painful. Osteoarthritis is the most common form. It occurs when cartilage, which cushions bones in your joints, breaks down and causes irritation.

Luckily, the following lifestyle changes and remedies can help you manage the pain:

• **LOSE WEIGHT.** It's pretty basic: The more excess weight you carry, the more stress on your joints. But a healthy diet of fruits, vegetables and whole grains, paired with regular exercise—at least 30 minutes a day—can help tip the scales in your favor. Cut back on saturated fats, which may increase your body's inflammatory response, adding to joint and tissue inflammation.



• **GET OFF THE COUCH.** Inactivity is a joint's worst enemy. Exercise can strengthen and protect the muscles around the joints, preventing them from stiffening and causing more pain. Walking, swimming, some yoga poses and tai chi are easy on the joints. Also beneficial are range-of-motion exercises, such as raising your arms above your head; strengthening exercises, such as weight training; and low-impact aerobic exercises, such as bike riding. Before starting an exercise program, check with your physician. If needed, ask him or her for a referral to a physical therapist who has a program for people with arthritis.

• **TAKE A PILL, IF NEEDED.** Sometimes you need medication for the pain. Over-the-counter options include non-steroidal anti-inflammatory drugs, or NSAIDs (such as ibuprofen and naproxen), and acetaminophen (such as Tylenol). Topical creams may provide hot or cool sensations to ease pain or contain pain medication that's absorbed into the skin. Your physician may prescribe pills or cortisone injections. Any drug you take can have side effects, so discuss them with your physician before starting a regimen.



• **REST UP.** Your body needs time to heal, so aim for eight to 10 hours of sleep every night, and avoid sitting or standing in one position for too long. Skip high-impact activities such as running. You may also want to look into stress-relievers such as meditation or yoga.

• **ASK ABOUT ALTERNATIVES.** Massage, acupuncture, heating pads, ice packs and supplements such as glucosamine and chondroitin may help reduce symptoms, though studies on the supplements have been mixed. Speak with your physician before trying any home remedies. Sometimes, there simply isn't a remedy that can effectively treat the pain. In that case, surgery to replace the joint may be an option to discuss with your physician.



Life after the ER

Following your physician's orders keeps you healthy

When you're not feeling well and you're surrounded by the hustle and bustle of an emergency room (ER), it's easy to be confused by what a physician is telling you. All you can think about is going home. That's why many people are unclear about how to handle their care when they leave the hospital.

Case in point: A small University of Michigan study found that more than 75 percent of patients didn't understand their discharge instructions or what ER physicians had just told them—although 80 percent thought they did. Some of the patients weren't even sure of their diagnosis.

Unfortunately, these misunderstandings may increase the likelihood of complications once you leave the ER. In reality, the care you receive at the hospital is just one important part of the puzzle. Knowing what to do next—and following those discharge instructions closely—is critical to getting better. Here's what you need to do for the best health care results:

➔ SPEAK UP. Don't be afraid to ask questions if you're unsure of your condition, what treatments you were given, your test results or something in the discharge instructions—for example, whether a medication that's been prescribed may interact with one you're already taking. It's best to ask the ER physician caring for you,

rather than having to contact the ER later, when the physician you saw may no longer be on duty.

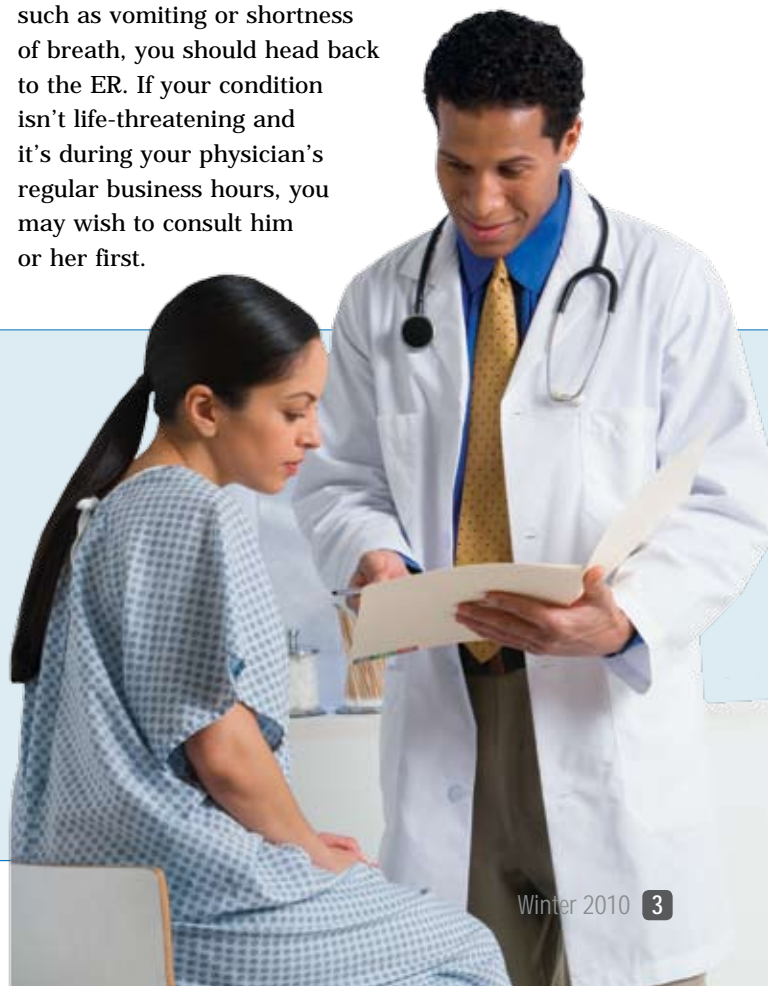
➔ FOLLOW ALL MEDICATION DOSAGES. Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

➔ FOLLOW UP WITH YOUR FAMILY PHYSICIAN OR A SPECIALIST. You'll especially need to do this if you've received stitches or a cast. Your discharge instructions will tell you when to go. Double-check with your physician to make sure information about your ER visit, including test results, has been sent to his or her office before your appointment.

➔ KNOW WHEN YOU SHOULD RETURN TO THE ER. If your condition worsens or you're noticing new symptoms, such as vomiting or shortness of breath, you should head back to the ER. If your condition isn't life-threatening and it's during your physician's regular business hours, you may wish to consult him or her first.

How did we do?

When you check in to the ER, admitting personnel will ask you if it's OK to follow up with you once you're back home. If you agree to it, we'll try to call you within 24 hours of your discharge, asking you six questions about your visit. At that time, if you don't understand your discharge instructions or have any questions about your treatment, a nurse will call you back. This process, called Discharge Callback Administrator, or DCA, helps us improve the way we care for our patients and ensure that you're on the road to recovery.



A better view

Imaging services at Heartland Regional Medical Center

Seeing more than meets the eye is the goal of the imaging services department at Heartland Regional Medical Center. Whether it's an ultrasound, X-ray or mammogram, taking a picture of what's happening inside your body can help physicians reach the proper diagnosis and prescribe the appropriate treatment.

With care and compassion, the imaging staff delivers comprehensive diagnostic testing and screening services

with these tools:

- Computed tomography (CT) scanning creates detailed cross-sectional images of your body's internal organs, including the brain and heart, using X-rays with computer technology.
- Ultrasound uses high-frequency sound waves to examine your body's internal organs and blood flow. Pregnancy-related ultrasound is another service we're proud to offer.
- Magnetic resonance imaging (MRI) uses a magnetic field and radio waves to create cross-sectional images of your head, body, muscles and blood flow.
- Nuclear medicine uses tiny amounts of radioactive materials to perform heart studies and diagnose bone cancer, bone infections and stress fractures.
- X-rays view bones and help physicians examine the chest.
- Mammography uses X-rays to examine breast tissue.

Get your mammogram here

Heartland Regional Medical Center is committed to providing advanced technology to our community. We offer digital mammography and breast MRI, which provide your physician with the most detailed images of breast tissue. In addition, our 64-slice CT scanner provides a comprehensive view of the heart and the vessels that surround it. Heartland is home to two nationally registered CT technologists.

! Take charge of your health

To schedule an appointment for a diagnostic imaging scan at Heartland Regional Medical Center, call (618) 998-7001. A physician referral is required.

Dedicated to service

For more than 30 years, Jo Sawyer has proudly donned her pink vest as a volunteer at Heartland Regional Medical Center (HRMC), and to her, the vest is a symbol of her commitment. In 2006, she was honored with HRMC's Volunteer Lifetime Achievement Award.

THROUGH THE YEARS

For the first 20 years of volunteering at HRMC, her late husband, Tom, was by her side. "Tom had never volunteered before until he started coming here," says Sawyer. "He loved it as much as I do."

She's proud to be a part of HRMC's team. "You don't spend as much time volunteering as I do if you don't believe in the tremendous things our hospital is doing for the community. I like the people here, and it makes me feel good to be part of a team that's accomplishing so much. The physicians and nurses truly care about their patients, and I see that every day here. There's something that sets Heartland apart from other hospitals."

These days, you can find Sawyer working in the gift



Jo Sawyer, proud HRMC volunteer

shop, delivering newspapers and magazines to patients and overseeing a variety of the hospital's special projects. She sells raffle tickets to raise money for the American Cancer Society, makes phone calls to prospective blood donors about upcoming blood drives and tirelessly raises funds for the American Heart Association's annual Heart Walk.

A healthy mind, body and spirit

Our program can help

Women make between 80 percent and 90 percent of all health care decisions and often balance careers, primary and secondary families and civic work. Heartland Regional Medical Center is here to help. Our Healthy Woman program is a free community resource created by women for women to provide up-to-date information needed to make informed health care and well-being decisions for themselves and their families.

BENEFITS GALORE

Healthy Woman offers a series of free educational programs, seminars and interactive events that focus on women. Presentations are dedicated to improving the emotional, physical and spiritual well-being of women and their families. Seminars offer information on topics

like heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis, stress management and life-balance issues.

Take the time to better care for your health and the health of your loved ones. Membership is free, but the benefits last a lifetime!

! Join today!

For more information about the free Healthy Woman program, call (618) 998-7400 or visit www.heartlandregional.com.

HEALTHY WOMAN
A HEARTLAND REGIONAL MEDICAL CENTER RESOURCE

The Healthy Advantage is published as a community service of Heartland Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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A MESSAGE FROM OUR CEO



Philip Dionne
Chief Executive Officer

Quality is our priority!

It's my pleasure and privilege to have recently assumed the role of chief executive officer at Heartland Regional Medical Center (HRMC). Having spent a large portion of my career in Illinois, I feel like I've come home to an area where people have always been genuinely warm and welcoming. This certainly has been the case since I arrived in September.

LOOKING TOWARD REFORM

The challenges and opportunities we face here in Southern Illinois aren't unique. Health care reform can be a worrisome issue, particularly for consumers. Regardless of where the issue lands, know that HRMC will remain focused on providing quality care to those physicians' patients who pass through our doors.

YOUR COMMUNITY HOSPITAL

HRMC is one of the area's most significant assets. With a staff of more than 700 people, we truly represent a broad spectrum of the community—all of whom

are committed to providing quality services. I, along with HRMC's leadership, board of directors and medical staff, take this responsibility very seriously. Our board of directors are community residents who assist HRMC in identifying services our community needs.

Quality is HRMC's No. 1 priority. As a patient, know that every effort will be made to provide health care services along with respect and confidentiality for you and your family. As we look to the future, HRMC is focused on providing timely and quality emergency care; cardiology, obstetrics and gynecology services; and support programs. We're also planning expansion projects for both intensive care and medical-surgical services.

These and other plans help HRMC ensure we can continue to meet the health care needs of a growing population. If you or your family finds we're not living up to this commitment, I encourage you to contact us.

Thank you again for your heartfelt welcome, and I look forward to serving our community.

Best regards,

Philip Dionne
Chief Executive Officer
Heartland Regional Medical Center